

Northern Journeys

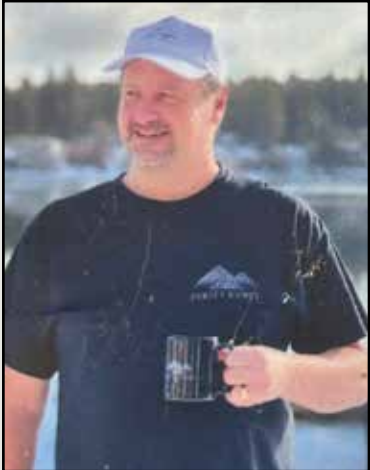
———— Celebrating over 25 years of publication!

A Magazine for the Arts, Humanities & Sciences

Volume No. 29.1

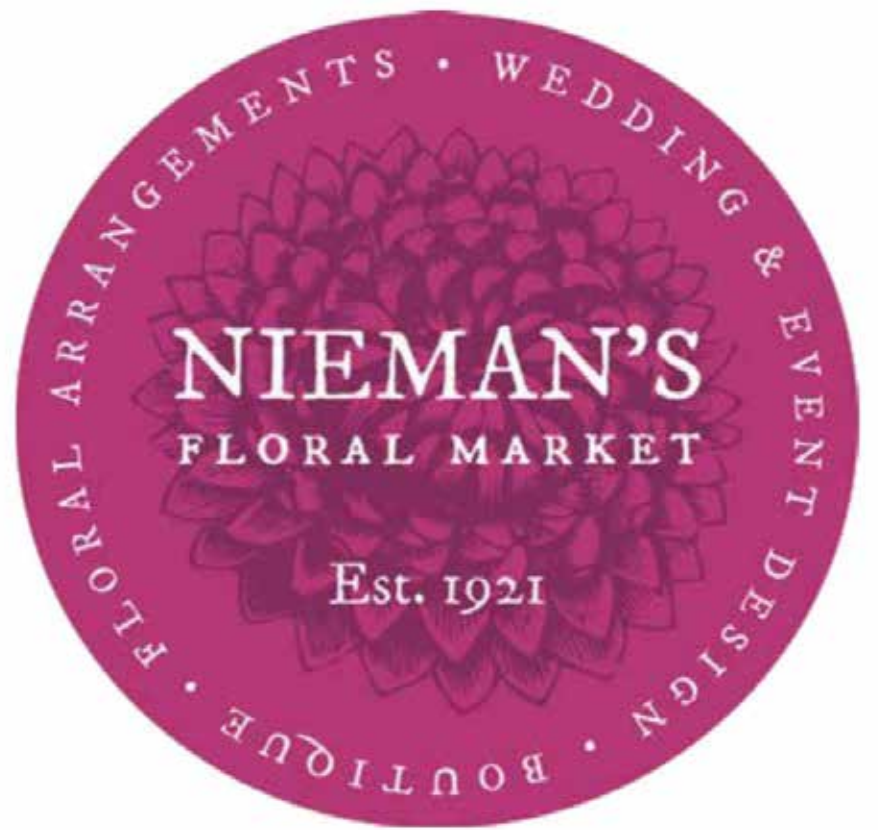
Fall/Winter 2025-2026





Paul Egger
Managing Partner
425-217-9020

paul@purityhomes.net
www.purityhomes.net
WEG: PURITHL770Q7



211 Cedar St. • 208-263-3024



QUALITY USED & NEW BOOKS

Fast & Friendly
Special Orders

208-267-2622

7195 MAIN STREET
BONNERS FERRY, IDAHO
WE BUY USED BOOKS

THE RUSTY TRUNK

Presented By
Gypsy Girl

Vintage • Antiques • Art • Gifts & More



Follow us on



6127 Main St Bonners Ferry
875 Kootenai Cutoff Rd, Ponderay.



208-691-9456

Monday-Saturday

9:00 AM

to

5:30 PM

FIREHOUSE



Vine & Hops

Specialty wine & Bottle shop
craft Beers
Bonners Ferry, Idaho

“Buy Land - They aren’t making it Anymore.” - Mark Twain



I look forward to helping you find your dream property in North Idaho

Carol Curtis, Associate Broker, GRI, PMN, ePro

(208) 290-5947

ccurtis@sandpoint.com

Century 21 RiverStone



TABLE OF CONTENTS

1	AUSTIN FRANTZ: MIRROR LAKE Oil - 48"x36"
4,9	A GROWING SCHOOL ROOTED IN HISTORY - Coeur d'Alene Music Conservatory
5	ART SPIRIT GALLERY
7,15	KEEP ON KEEPIN' ON, YET AGAIN - Loi Eberle, M.A., CPC
10-11	SUSAN BOTICH: KINSHIP A HUMMINGBIRD STOPS BY ACQUIESCENCE MORNING COFFEE REFLECTING ON HOW
11	AUSTIN FRANTZ
12	MIKE DECESARE: AUTUMN TRAIL - Photography - 16"x24" STORM AT SEA - Photography - 24"x36" PARISIAN DAWN - Photography - 11"x14"
12	RAINFOREST - Worm Shelton
13	BEN CARPENTER: UNTITLED ROUGH DARK COLOR - Walnut - 12"x13"x12" PELVIS - Wood - 24"x16"x18"
13	CHARLIE KNAPP: CHRYSTAL VASE - Clay - 8"x7 1/2"x6
14	BUSINESS DIRECTORY
17	CREATE ARTS AND COMMUNITY CENTER
18-19	BRAIN BUILDING LIFESTYLE PRACTICE "MEMORY BOOTCAMP" - Harvey Eckhart

Specializing in the art of roofing, we value craftsmanship, workmanship pride, and quality materials. Serving Sandpoint and surrounding areas.

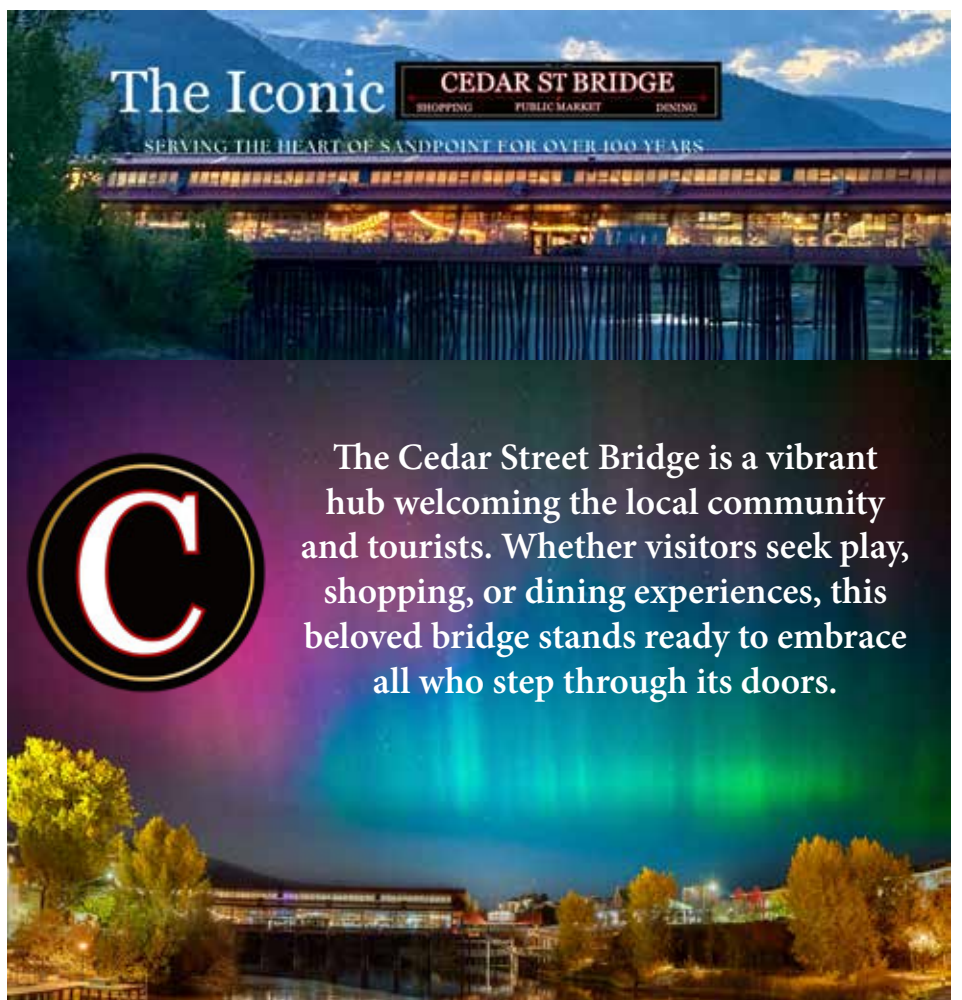
DM DRYVEST ROOFING INC.

WWW.DRYVEST.COM 208-758-5221 RCE-53692

- STANDING SEAM METAL ROOFING
- ARCHITECTURAL SHINGLE ROOFING
- LOW-SLOPE COMMERCIAL ROOFING



The Iconic **CEDAR ST BRIDGE**
SHOPPING PUBLIC MARKET DINING
SERVING THE HEART OF SANDPOINT FOR OVER 100 YEARS



C The Cedar Street Bridge is a vibrant hub welcoming the local community and tourists. Whether visitors seek play, shopping, or dining experiences, this beloved bridge stands ready to embrace all who step through its doors.

WINTER RIDGE NATURAL FOODS

Your community choice for local, natural, and delicious. Since 1997.

703 Lake Street
Sandpoint, ID, 83864
208-265-8135



SCAN ME!



A GROWING SCHOOL ROOTED IN HISTORY



Nestled in the beautiful historic Hamilton House on the edge of the Garden District and one block from the courthouse, the small but mighty Music Conservatory of Coeur d'Alene honors its roots in local history while creating a bit of its own.

Listed in the National Register of Historic Places by the United States Department of the Interior, this lovely house was built in 1908 for Coeur d'Alene's second mayor, Boyd Hamilton, and his wife, Alta, the daughter of Spokane empire builder J.J. Browne. The two-story house was designed by Spokane architect George Keith.

It has been home to other prominent public officials, including Idaho Supreme Court Judge W.F. McNaughton, and Kootenai County Prosecutor William Hawkins.

Over the years, many musicians lived in the house, including vocalist Agnes Hawkins, jazz musician William Hawkins, and internationally acclaimed piano jurist Dean Elder, adding to the home's rich cultural history.

The Hamilton House was saved from demolition in 2020 and the Music Conservatory of Coeur d'Alene opened its doors here in 2021.

This nonprofit organization's mission is to nurture musical excellence through accessible instruction, collaborative partnerships and performance. It serves as more than a music school—it's a vibrant community resource and a training ground for future musicians, providing exceptional music education for all ages and hosting inspiring community performances.

One of the Music Conservatory's truly remarkable accomplishments is that since its beginning, it has attracted and sustained a faculty of over twenty music educators who are also professional musicians and performers. These educators instruct private lessons on the breadth of instrument families including piano, strings, woodwinds, brass and percussion, as well as voice, music fundamentals and theory, conducting,

composition and song writing. These talented teachers mentor students through the progressive stages of their musical education journey, providing instruction, guidance, feedback and encouragement. With its early childhood music program called Mini Music Makers, the Conservatory provides a fun, explorative foundation of music fundamentals that encourages parents to incorporate music in the home as well as to assist the young students in recognizing their own musical inclinations and helping them choose how to best express their unique talents.

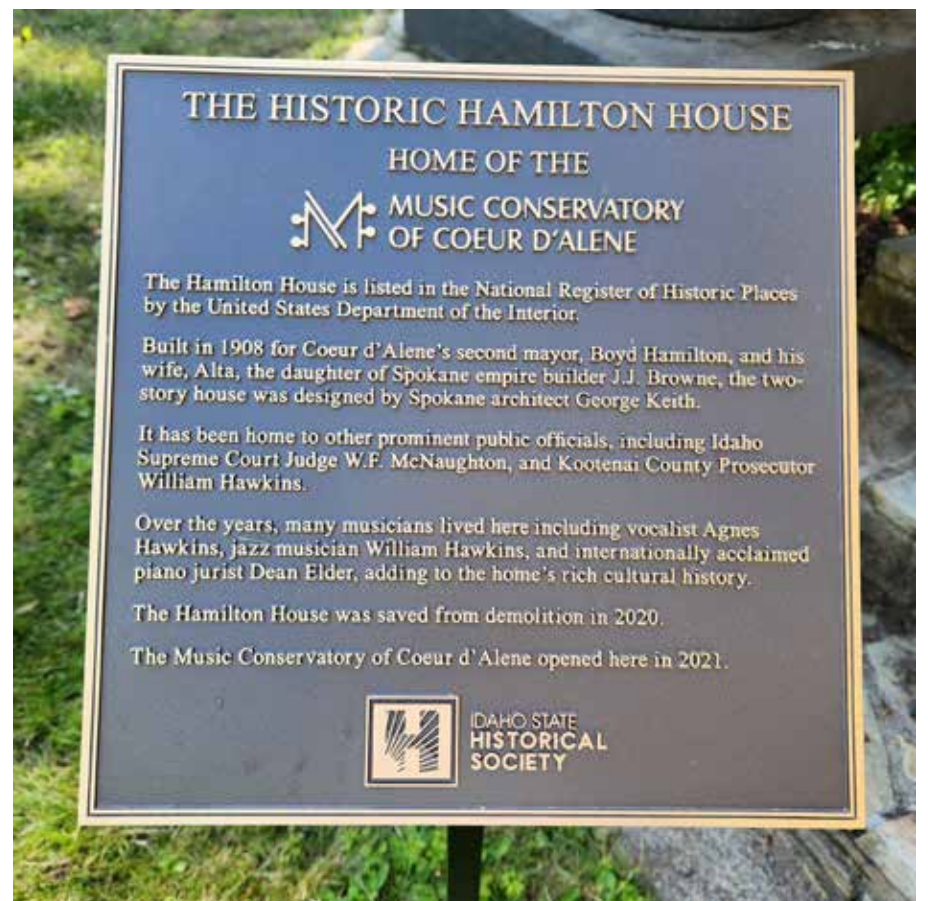
For older beginning students, group classes are offered for piano, guitar, ukulele and singing, fostering interactive training with peers.

The Music Conservatory also delivers more advanced levels of instruction in music theory, composition, and ensemble performance, providing opportunities for students to grow as musicians.

In 2023, the Conservatory began its Youth Choir program, incorporating vocal and music theory while teaching students how to sing chorally, classically and correctly. Choristers perform in a variety of musical styles for the local community while building friendships and growing artistically as an ensemble.

Additionally, the Music Conservatory provides support for the underserved in our community through music therapy. To create an inclusive environment, it offers specialized sessions for neurodivergent individuals and those with sensory sensitivities. Its music therapy program provides sensory-friendly experiences designed to meet diverse needs, ensuring that everyone can engage with music in a meaningful way. The music school provides a "Conservatory experience" by holding recitals so its students can perform for

Continued on Page 9



THE ART SPIRIT GALLERY

Celebrating 29 Years of The Art Spirit Gallery: A Legacy of Courage, Creativity, and Community since its founding in 1997, The Art Spirit Gallery has stood as a beacon of artistic excellence and community engagement in Coeur d'Alene, Idaho. Over the past 29 years, we have proudly showcased high-quality original works by regional artists, embracing a diverse array of mediums and styles. Our mission has always been to support artists with a unique voice—artists dedicated to craft, observation, and innovation—and to create a vibrant space where art can inspire and connect. Housed in a beautiful 4,000-square-foot space in Downtown Coeur d'Alene, the gallery has hosted over 300 exhibitions and curated shows, making it a hub of cultural activity. Every first Saturday of the month, we open a new show, inviting the public to explore and appreciate the transformative power of art in a relaxed, welcoming environment. Our doors are always open to the public and artists alike, fostering a community that values creativity and dialogue. Beyond exhibiting art, The Art Spirit Gallery offers a range of consulting and collaborative services—curation, commissions, installation, and partnerships with architects, designers, and developers. Whether for a corporate space, a hospitality venue, or a private collection, we work closely with clients to select, create, and install artwork that reflects their unique aesthetic and enhances their environment. We also assist artists with grant writing, commissions, and reproductions, supporting their growth and visibility. Our commitment extends beyond the gallery walls. We believe in nurturing talent and fostering connections—helping artists develop their careers and providing opportunities for engagement with the community. To apply for exhibition consideration, artists are invited to submit their work through our website, where we review submissions periodically. While the volume is high, we carefully consider each application and respond to those that align with our vision. We encourage artists from all backgrounds to reach out—your voice matters, and we want to hear yours. Our rich history is rooted in a passion for fostering creativity and preserving the legacy of arts in our region. Over nearly three decades, we've built a dedicated community of artists, collectors, and art lovers—all committed to celebrating artistic expression and cultural vitality. Our goal continues to be to offer a space where artistry and community thrive together, inspiring future generations. Looking forward, we are dedicated to expanding our impact



by increasing community programming, educational opportunities, and collaborations that reinforce the importance of art in everyday life. Whether you're a seasoned artist or just beginning your creative journey, we welcome you to be part of this ongoing story—a story fueled by courage, resilience, and shared passion.

Join Us—be part of our artistic community, if you're an artist interested in exhibiting at The Art Spirit Gallery, please visit our website to submit your work through our contact form, including links to your portfolio, CV, and bio. We look forward to discovering fresh voices and supporting your journey. Visit, Connect, Collaborate, We invite you to stop by our gallery, follow us on social media, and stay updated on upcoming exhibitions and events. Whether you're an artist, collector, or community member, your presence and support propels us forward. Celebrating 29 years and many more to come. As we step into this exciting chapter, our core belief remains unchanged: Art is a courageous act—an ongoing conversation that connects us, pushes us, and helps us grow. Thank you for being part of this journey. Together, let's continue to nurture a community where art's transformative power is celebrated and sustained for generations.

The power of courage in art and community in a world constantly shifting, the true strength of a community lies in its courage—the courage to adapt, to stand for what matters, and to push forward even in uncertain times. At The Art Spirit Gallery, we believe that art is the quiet yet powerful force that fuels this courage. It sparks creativity, fosters resilience, and builds bridges of understanding within our community. The journey of cultivating an artistic space isn't always smooth. It requires the bravery to embrace change, the humility to listen, and the unwavering commitment to supporting fierce, diverse voices. Throughout our 29 years, we've seen firsthand how courage can transform challenges into opportunities—how it turns a simple gallery into a vibrant hub of inspiration, connection, and hope. This isn't just about hanging beautiful art on walls; it's about creating a legacy—a place where artists can express their truth without fear, and where the community can celebrate and embrace those stories. Every brushstroke, every chosen story, is a testament to the resilience and bravery that binds us. To everyone who walks through our doors, to the artists who pour passion into their work, and to the patrons who believe in the power of art—thank you. Your courage and support fuels our shared journey. Together, let's continue to nurture that spirit, stand resilient, and build a future where art—like community—thrives through brave hearts and bold vision. Here's to many more years of courage, creativity, and connection.

The Art Spirit Gallery 415 Sherman Avenue
Coeur d'Alene, Idaho 83815 208-765-6006 www.theartspiritgallery.com





Trusted Computer Consulting, LLC

Professional IT for Business.

Ben Erickson

(208) 267-0100

Mon-Fri 9am-5pm

- People Centered
- PCs, Macs, Servers
- Firewalls, Cabling, VPN
- Sales and Service

TRUSTEDCOMPUTER.PRO

7177 Main St. Ste. E • Bonners Ferry



SERVING THE CONSTRUCTION COMMUNITY SINCE 1990

Locally Owned & Operated
www.TrussTek.com | 208.267.7471 | 64679 Highway 2 | Bonners Ferry, ID 83805



Serving

Children, Adolescents, Adults and Families

(208) 267-0900

6807 Cody Street

Bonners Ferry, ID 83805

www.rawlingscommunitycounseling.com

CENTURY 21

Four Seasons Realty



Serving Bonners Ferry, Idaho
and beyond



Jim Greenslitt REALTOR® Adriana Rice REALTOR® Kirsten Madden Broker/Owner Darci Price Associate Broker

208-267-2100

www.c21fourseasons.com
6521 Walker Ln, Bonners Ferry, ID 83805



close on house!!

ALLIANCE
TITLE & ESCROW CORP.
Yes, it matters where you close.

www.alliancetitle.com

Tires LES SCHWAB

Best Tire Value PROMISE

WITH EVERY PASSENGER & LIGHT TRUCK PURCHASE

Whatever the road throws at you - from potholes to nails - any road hazard, our FREE GUARANTEE protects you.

- Peace of Mind Tire Protection
 - If a Tire is Damaged Beyond Repair, We'll Replace its Value.
 - Our Work is Guaranteed for the Life of Your Tires
 - Free Pre-Trip Safety Checks
- Lifetime Tire & Mileage Care
 - Free Flat Tire Repairs
 - Free Tire Rotations
 - Free Tire Rebalancing
 - Free Air Checks
 - Free Brake & Alignment Checks
 - Hundreds of Locations to Serve You

J.B. Tire
South Hill, Bonners Ferry • 208-267-2411

KEEP ON KEEPIN' ON, YET AGAIN

By **Loi Eberle, M.A., CPC**

Feeling anxious when hearing about advanced technology, social problems and climate change? If so, you're not alone. Some even describe civilization as a "disease" -- something that causes stress and strife rather than 'ease.' Broadcast media displays social gatherings that have become gargantuan and chaotic, sports competitions that turn violent, discourse that digresses into malicious discord, and academic presentations that become assignations.

"Modern thinkers such as Soren Kierkegaard, Friedrich Nietzsche and William James proclaim we've entered an anxiety ridden age in desperate need of a new foundation of faith," Jeff Carreira, mystical philosopher, and meditation teacher stated in his book entitled, "Nurturing Spiritual Transformation ~ a simple book about radical change," (Emergence Education Press). Fortunately, at least according to Carreira, "Our conscious awareness and our capacity for wisdom and love are emergent aspects of the universe."

His Holiness the Dalai Lama, when addressing thousands of followers gathered to celebrate his 90th birthday, stated: "People are suffering all over the world. Regardless of whether we follow a religious practice or not, everybody wants to be happy and nobody wants to suffer. My hope and wish is that, one day, formal education will pay attention to what I call 'education of the heart,' and we "Learn from the natural world, re-imagine schools to nurture the whole child, and foster presence and compassion in relationships. Education for interconnection asks us to cultivate not only knowledge, but the values and inner capacities that help us meet our shared future with wisdom and care." In other circles, experienced youth counselors encourage us to listen, show up, and build safe, consistent spaces where young people aren't just seen, but are genuinely supported.

Recently the "Lion's Roar" magazine published an interview with American environmental activist, Joanna Macy [May 2, 1929 - July 19, 2025]. This author and scholar of Buddhism, general systems theory and deep ecology, stated before she passed, that: "Reconnecting with the web of life may be harder for us than for any of our ancestors. Looking back over the millennia of humanity's journey, it's hard to imagine another time when we were so cruelly isolated by the illusion of a separate self and by a political economy that pits us against each other... Recognizing we are far vaster than we ever imagined ourselves to be, crumbles the walls of the little separate ego and moves naturally into seeing with new eyes; the eyes of an undefended being intimately interrelated with this incredible living planet. When you really pay attention, you see that you are part of the whole web of life, needed to counteract the crippling of the modern self, which is cruelly contained, as in a prison cell, by the hyper-individualism of the last five centuries. When you pay attention to your experience, you realize that you're not just a separate organism sitting here breathing. You are not only breathing, but being breathed. You need an oxygen-producing web of life for you to breathe—you need trees, you need plankton."

Entrepreneur Sunil Malhotra, designer of Ideafarms, a Design-in-Tech Advisory, and pioneer in new approaches



in Info-tech, claims "The system fragility of present times is exacerbated by new technologies, geopolitical instability, the climate crisis, and an outmoded economic paradigm. Because they're deeply intertwined, each is more difficult to solve. Times are not going to slow down; trying furiously to keep up with everything around is an exercise in futility." His article, "A Cocktail of Yoga and AI" appears in Laszlo & Lorimer's "The Great Upshift" (Light on Light Press, 2023).

Motivational speakers encourage us not to feel helpless and vulnerable, reminding us we have choice. American novelist and editor, Toni Morrison, who was awarded the Nobel Prize in Literature in 1993, wrote: "We speak, we write, we do language. That is how civilizations heal."

If we notice we're feeling imbalanced, we can re-adjust. Heavy, unpleasant emotions of hatred and jealousy can be re-directed towards more mutually beneficial activities if we learn to accept our differences and become less judgmental. Finding ways to forgive each other allows our interactions to become more 'civil.' Accepting 'what is' allows us to have kinder and more considerate conversations. The Dalai Lama stated his religion is kindness. The Christian savior, Jesus Christ, taught us to love one another.

Yes, it requires awareness and strong intention, when involved in active conflict, to find ways to release resentment. Letting go of the heavy burden of anger and a burning desire for retribution can be difficult, even though releasing anger and resentment helps clear the clouds of discord, providing greater clarity and ways to engage in calmer conversation. Being more open minded allows disagreements to be resolved and solutions to be found. Searching within to experience one's common humanity can help foster compassion and forgiveness, helping to create respect for each other. Though challenging, when not in agreement, re-directing one's focus away from inflicting harm, and instead finding ways to respectfully listen to each other's opinions and needs, can help create solutions. Releasing our angry

Continued on Page 15

T. Zinke

ART STUDIO

GALLERY • ART SUPPLIES • CLASSES



Visit Us!

Location:

204 East Superior
Sandpoint, Idaho

Hours:

Tuesday-Saturday
10 AM-5 PM

Contact:

208-603-1803
tzinkeartstudio.com

Explore Our Gallery...

showcasing art by Tammy Zinke.

Shop Our Retail Space...

stocked with high-quality art supplies for every medium.

Join Our Classes...

from beginner to advanced, and spark creativity in an inspiring studio setting.



A GROWING SCHOOL ROOTED IN HISTORY

Continued From Page 4

their families and friends to gain confidence in front of a live audience.

As a cornerstone of the community, the Music Conservatory of Coeur d'Alene serves as a dynamic hub for cultivating talent, fostering creativity, and shaping the next generation of musicians. Through a robust infrastructure of faculty, classes, performers, and events, it provides music education that inspires students of all ages and abilities.

The Music Conservatory's marquee event is its annual production of Handel's "Messiah", the classical music oratorio featuring the joyous voices of the Hallelujah Chorus, with audiences filling the seats of the Schuler Performing Arts Center on the North Idaho College campus.

The Conservatory is proud partners with key organizations like the Music Conservatory of Sandpoint, North Idaho Philharmonia, the City of Coeur d'Alene Arts Commission, Citizen Council for the Arts, Shakespeare CDA, Dance Theatre Northwest, North Idaho College, the Arts & Culture Alliance, and the Boys and Girls Club of Kootenai County.

By working alongside schools, nonprofits, and cultural organizations, it is able to extend its reach, amplify its impact, and foster a dynamic, inclusive music community that benefits students, families, and residents throughout the region. Through these collaborations, the Conservatory strengthens its mission and enhances music education in Coeur d'Alene.

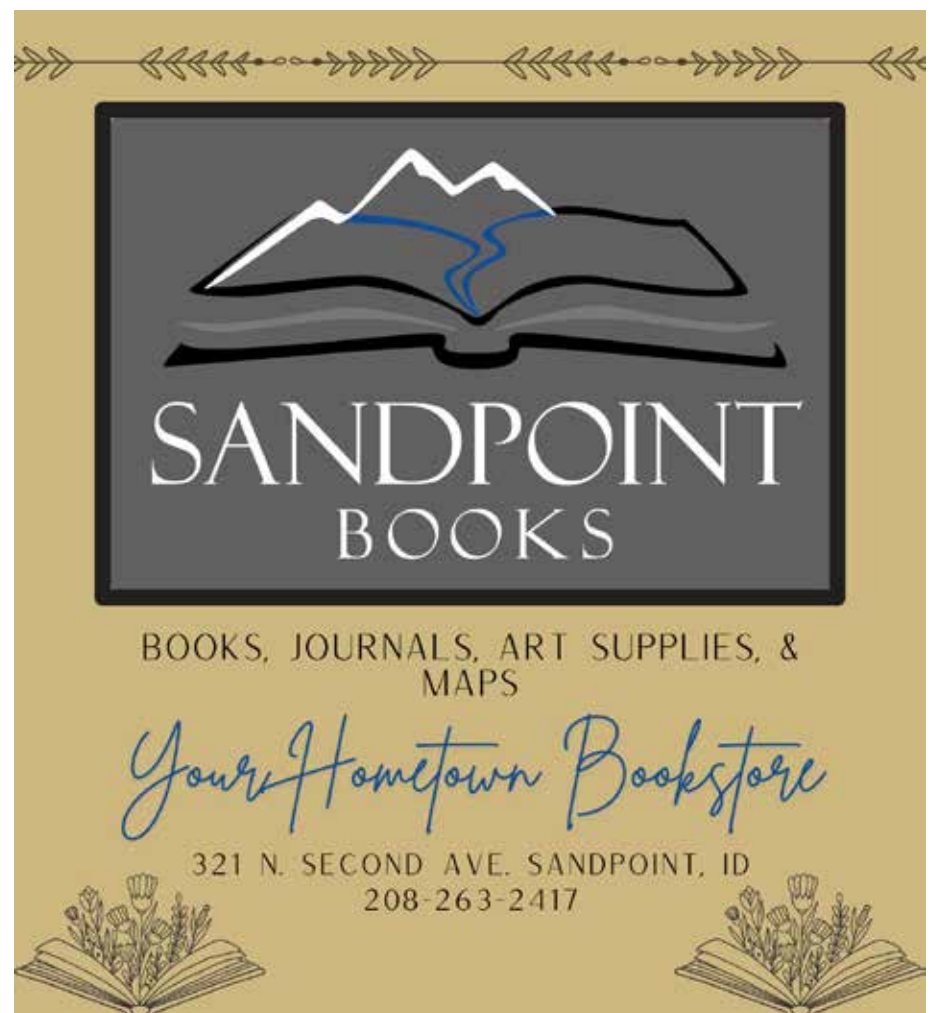
Audience development is central to its outreach. The Music Conservatory prioritizes building lasting relationships with both current and prospective students, and focuses on creating opportunities for engagement beyond traditional classroom settings. Its performances, workshops, and community events serve as platforms to engage diverse audiences, underserved groups and families. This helps build a strong base of support and awareness, ultimately expanding its influence.

The Music Conservatory's long-range goals include growing its impact by increasing program offerings, improving its facilities, and securing funding for scholarships and outreach initiatives. It strives to become a key cultural institution in Coeur d'Alene, offering transformative music education for generations to come. What it will take for this tiny nonprofit to fulfill its mission is continued support from the local community through generous donations of time, talent and treasure. One such recent donation is hopefully an inspiration for others to follow.

"We have had the honor to receive a substantial donation of \$ 10,000 from Mr. and Mrs. Mark Benka,

part-time residents of Coeur d'Alene, in memory of their beloved son Adam who was a gifted musician," describes Cynthia Newkirk, Executive Director of the Music Conservatory. Adam had just graduated from Berklee College of Music in Boston with a degree in professional music before he very sadly lost his life at age 22. "The Benkas also gifted to us Adam's beloved 12-string Taylor guitar for it to be enjoyed by our students and faculty, local guitarists and the Coeur d'Alene community for years to come," continued Cynthia Newkirk. "We know this guitar means the world to them and we are so honored to be entrusted with its care. We wholeheartedly thank the Benkas for this extremely generous donation."

For more information about the Music Conservatory of Coeur d'Alene and to make a donation, visit the nonprofit organization's website at cdaconservatory.org.





SUSAN BOTICH

Susan M. Botich resides in the rural Inland Northwest. Ms. Botich is a writer, poet, songwriter, and musician. Though she enjoys all aspects of writing, her current creative focus is on poetry. Her poetry has appeared or is forthcoming in numerous publications, including: *Margie*, *The American Journal of Poetry*, *The Meadow*, *Ilya's Honey*, *The Inflectionist Review*, *About Place Journal*, and *Northern Journeys Magazine*. Ms. Botich has also authored the fantasy verse-novel, "Enchantments," based on Arthurian myth, as well as the science-fiction novel, "The Dream Star."

A Hummingbird Stops By

A hummingbird stops by
on many mornings, while I sit and sip my coffee
on our porch that looks out to the southern Monarch
Mountains.

Today, she stops by twice.
When I say, "stops by," I mean holds, suspended
in front of me for a heartbeat or two, looking me right
in the eye.

The mountains, with their rocky ridges
jutting out from a healthy mop of conifers, sit
as silent witness during this moment, still as monks
in meditation.

Hawks circle. Ravens caw. Pigeon doves coo.
And this hummingbird and I are facing off for the
moment.
I say, "Hello," in a hushed voice; more a prayer than
anything else.

I don't know if this has any meaning.
In the bigger picture, I suppose it may not. She hums
and thrums herself away, while sun brushes its silk
against my feet.

Acquiescence

footprints along the trail
wandering near the edge
of the Clark Fork river -
earth, accepting
all soles

cracks work their way
across a nearby pavement -
grass breaking through
while earth remains
silent

under this birch tree
dipping roots into the river -
listen to hawks spiraling
and the whispers
of cool leaves

Kinship

Cupped wings
hold hidden colors beneath,
so that only those beneath him
can find delight in his startle
of yellow and red.

This bird has a name, but what is it?
Think of the books where he might be
listed, pictured, categorized, defined.

Air dancer.
Sky's blue abandon is his playmate.
He flits to rest in the sway
of a thin birch.

How does he balance on that spare branch?

Now he drops to bathe in the rain gutter.
A chorus of finches join in.

What is his name?
Knowing it could be a bonding...
a way toward understanding,
better comprehending his species,
their history, who first discovered them,
drew a picture with notes
describing his warble, the magnificent detail
of wing feathers, breast, beak.

No matter
how long you watch and listen,
he'll never tell you. He has no thought
of it.

Morning Coffee

The flavor lingers on my tongue
recognizing its sweetness, bitterness,
in turn, complimenting.

My sipping stirs recollections to rise
from their cooled waters, fathoms
of decades, to surface. Now -

this one small wave of now
sitting on the vast wave of now.
I float atop, swell upon swell -

all the many selves I've been
borne into. One wave (me),
two waves (you and me),

three waves (our family),
now, two waves again
(a returning - yet now new).

All this time I've shared with you...
Our contrasts reveal something
more true than ever imagined in youth.

We, part of I, and I part of us. I sip
and relish the bitter-sweet flavor of this life,
so profoundly inexplicable.

Reflecting on How

I'm sitting, downcast,
near the wide western window,
deep in thought, wondering:
How to make my life move forward...

Sunlight through the window
draws me to a pen on the coffee table;
it had been a gift - a marketing ploy -
from a business my husband knew.

Along the pen's side, I read the statement:
Ask us how,
next to the company name,
Lord.

I can't help but laugh.
I remember this company
makes aircraft engine mounts.
Ah, metaphysical symbolism here?

The window light
splays through a crystal hanging
from the center trim-board,
like fingers of an open hand, reaching.

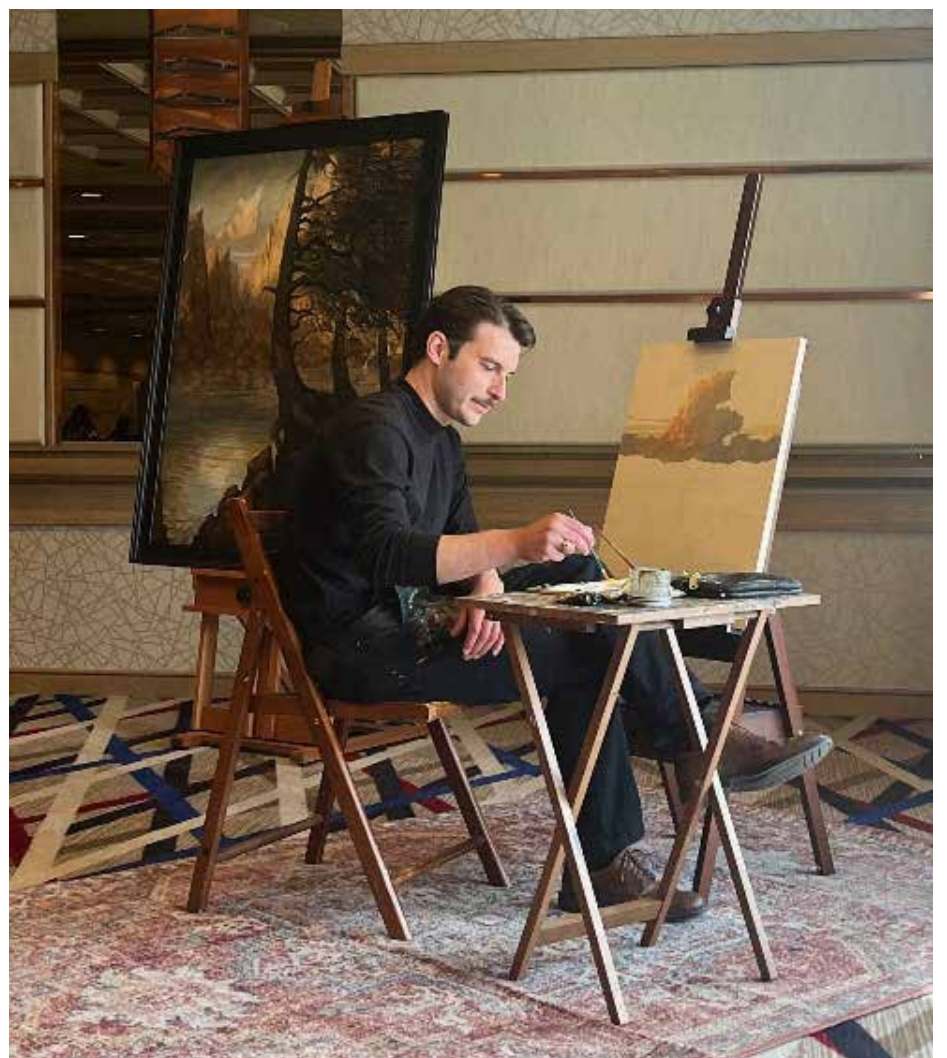
AUSTIN FRANTZ

Self-taught Artist from Coeur D'Alene, Idaho

To Know My Creator and His Creation, painting an image of the soul's journey to God I see art and creation as an act of the soul revealing its deepest understanding, passion, and perspective. Which cannot always be spoken in words, so it is then created by the hand, and its meaning continually evolves. I can't always explain the reason for my paintings with words/the tongue, so I hope the painting will speak to you in some form. Self-taught since childhood, a gift that God has given me, and I must give it back to Him so He may use it for His purpose. A journey to wander into the vast beauty of God's handiwork, to ponder and study.

My art is to be a journey. I may not know where the path leads, but I will embrace whatever comes my way: Up the mountain, down the valley, along the sea, into the desert. I use nature as a form of language, symbolic and poetic. "Nature is not always easy to read or find". Its philosophical meanings that mirror our inner lives, but I can pray that God shows me the answers. Perhaps my art is to help lift me up; perhaps my art is to help others find meaning in observing the complexities and power of nature.

My art is not just a personal journey but a beacon of hope for others. I hope to inspire you to recognize the unique talents and abilities that God has designed for each of us.



Primarily an oil painter, I create all my paintings on wood panels. Their hard surface allows for more detail and will let me see the grain of the wood flow in and out of my painting. Most of my work comes from the imagination. To keep creating, I must wander around in nature to ponder and understand the world and its ways.



“Speak softly. Do no harm and leave no trace.”

Photography is Mike DeCesare’s first language, using color, light, and tone to “speak”. Rather than forcing an image to fit a vision through heavy editing, he treats each photograph like a conversation—listening to what the image needs to reach its full potential.

DeCesare’s love of photography started as a child with a Kodak film camera, learning to develop film, use an enlarger, and make prints; many digital tools today - like dodging, burning, and sharpening - have roots in these film techniques. Over time, DeCesare moved into the medium of format film because of its stunning clarity, holding off on digital photography until the technology could deliver the same level of quality.

With a background in television and film, and an education from the New York Institute of Photography, Mike DeCesare brings both technical skill and creative storytelling to every photograph. After years of balancing both fields, twenty years ago he chose to focus fully on photography and hasn’t looked back since.

DeCesare’s work explores the relationship between people and nature—whether it’s an abandoned cabin tucked deep in the woods or a storm rolling over the ocean. Through each frame, viewers are invited to step into the moment, not to see what the artist saw, but to experience their own connection to the scene. Dedicated to preserving the natural world, Mike DeCesare follows a strict “leave no trace” philosophy,



“Parisian Dawn” Photography 11” x 14”

MIKE DECESARE

ensuring his work respects the environments he captures. Each photograph is available in small, limited editions, hand-signed and numbered by the artist, and arrives framed and ready to hang—so it’s ready to be enjoyed the moment it’s in your hands!



“Autumn Trail” Photography 16” x 24”



“Storm at Sea” Photography 24” x 36”

Rainforest By Worm

Sheets of interlocking webs
arms that know only to tangle
patterns of unity in the bark
shows me I can never be alone.

She smells of waterfalls and sweet sunset flowers
but contains such density
that trail never seems to clear.

May I get wrapped up in the many details
of a forest with such divine life.
May I continue to allow myself to get lost
whenever I can, so she can find me.

BEN CARPENTER

Imagine crafting a piece of art without being able to really see what you're creating, only having the vision in your mind to go on. That's exactly what Portland woodworker Ben Carpenter does when he carves his vessels and sculptures. "After I've turned the basic vessel shape on the lathe and hollowed it out, I sit down in a chair with my hand-held power carver and start carving away at it," says the 23-year-old. "But during the whole process it looks really rough and you can't see the grain until you put the finish on, so you have to be confident that it will turn out the way you want it to."



Carpenter, a Moscow, Idaho native who got his start in woodworking at 14 when he and a friend formed an exotic-wood yo-yo making business, fine-tuned his craft as a teen under the tutelage of his neighbor, a fine woodworker. He now works with his own apprentice, Cody Powell, in a 900-square-foot shop along the Willamette River. "I really love the smoothness of this artform," he says. "I like putting the chisel to the spinning wood and seeing it slice off in smooth shavings."



"Untitled Rough Dark Color" Walnut 12" x 13" x 12"



"Pelivis" Wood 24" x 16" x 18"

CHARLIE KNAPP

I've been working with clay for over forty years, taking my first pottery class in high school and kept coming back to it. The combination of physicality and art is attractive to me. I enjoy taking the raw clay and creating pleasing forms, classic and otherwise, and embellishing them with glaze and texture.



"Chrystal Vase" Clay 8" x 7 1/2" x 6"



When I am at the wheel alone with the clay, it becomes a meditative experience, absorbing my mind and body, a yogic art.

IDAHO (208 AREA CODE)**BONNERS FERRY****Automobile & Truck Services**

Les Schwab Tires, South Hill, 267-2411
 NAPA Auto Parts, 6838 Main Street,
 267-5531
 North Hill Tire, 35 Swift Ln, 267-0293
 Riverside Auto Center, 6437 Bonner St,
 267-3100

Bars

Firehouse Vines & Hops,
 6371 Kootenai St, 217-2817

Books

Bonnors Books, 7195 Main Street,
 267-2622

Building & Construction

Trusstek, 64679 Highway 2, 267-7471
 Wink Inc, 267-5804

Education

9B Family Foundations, 7142 2nd St,
 610-6507

Healthcare

Auburn Crest Hospice,
 6541 Main Street Suite 2, 267-0579

Boundary Community Clinic,
 6641 Kaniksu St, 267-3655

Boundary Community Hospital,
 6640 Kaniksu St, 267-3141

Dr. Pam Svec, 6514 Main St, 267-7355

Motels, Hotels & Lodging

Idaho Lodge, 6506 Main St., 267-7915

Real Estate

Century 21, 6521 Walker Ln, 267-2100
 Jennifer Van Etten Coldwell Banker North
 Woods Realty, 6606 Lincoln Street,
 267-8575

Pace-Kerby Real Estate, 7192 Main St, 610-8211

Restaurants

The Badgers Den, 6551 Main St, 267-1486
 Mi Pueblo, 7168 Main St, 267-4735

Mugsy's, 7161 Main Street, 267-8059
 The Rusty Moose, 7211 Main St,
 691-9441

Specialty Shops & Services

Frederickson's B.F. Garbage LLC,
 P.O. Box 1913, 267-3303

The Haircut Place, 510686 US-95,
 304-2079

Hidden Haven, 6371 Kootenai St, 217-2817

Rawlings Community Counseling,
 6807 Cody Street, 267-0900

The Rusty Trunk, 6127 Main St, 619-9441

Trusted Computer, 7177 Main St. Ste. E, 267-
 0100

COEUR D'ALENE**Real Estate**

Fred Meyers eXp Realty, 660-5647

NAPLES**Education**

Foundations School, 138 Latigo Ln,
 610-6507

Grocery Store

Naples General Store, 517 Deep Creek Loop PO
 Box 254, 267-2947

Specialty Shops & Services

Maas Designs, 138 Latigo Ln, 444-7719

OLDTOWN**Specialty Shops & Services**

Divine Salon, 54 Selkirk Way Ste A,
 860-2321

PONDERAY**Automobile & Truck Services**

Fox Auto Body, 31466 SH-200, 263-6443
 Pac West Parts, 21 McGhee Rd Ste 105, 265-
 5500

Coins & Metals

Grunberg Schloss Collectors' Cabinet, 210 Trian-
 gle Dr, 263-6060

Fitness

Natural Fitness Gym, 400 Schweitzer Plaza Dr
 Ste 6, 255-2299

Restaurants

Chicks, 476864 US 95, 597-7091

Flavors of Phoenicia,
 477100 US-95 Suite C, next to Starbucks

Specialty Shops & Services

95 Express Car Wash, 477285 US-95,
 656-1953

Brown's Northside Machine & Gear,
 1100 Triangle Dr, 263-4643

Floor Show Inc, 880 Kootenai Cutoff Rd,
 263-5198

Monarch Marble & Granite,
 1502 McNearney Rd, 263-5777

The Rusty Trunk, 875 Kootenai Cutoff Rd,
 691-9456

Selkirk Power Generation, 1200 Triangle Dr,
 263-1258

PRIEST RIVER**Automobile & Truck Services**

Patti's Action Auto Supply, 5611 US-2,
 448-2331

Building & Construction

Scott Thompson Construction,
 188 Pine Creek Ln, 304-2025

Heating & Air Conditioning

Rob's Heating & Cooling, 5431 Hwy 2, 448-0973

Insurance & Financial Services

Carpenter Insurance Agency, 5809 US-2,
 610-8190

Real Estate

Amanda Williams Century 21, 448-0901
 Suzie Hatfield Century 21, 290-7945

Restaurants

Mi Pueblo, 5436 US-2, 448-0115

Thai Garden at The Ranch, 4555 US-2, 290-3507

Specialty Shops & Services

Blue House Vapors,
 45 S McKinley St Ste 104, 270-0972

Color Up, 45 S McKinley St #102,
 783-5076

Priest River Cleaners, 186 Highway 57, 448-2299

SAGLE**Building & Construction**

Insight Restoration, 469058 US-95, 946-9648

Plumbing

Turner Plumbing LLC, 468146 US-95, 610-7538

SANDPOINT**Art Galleries**

Pend Oreille Arts Council,
 313 N 2nd Ave Ste B, 263-6139

T. Zinke, 204 East Superior, 603-1803

Automobile & Truck Services

7B Mobile Mechanic, 253-389-5261

Nelsons Automotive, 1111 Michigan St,
 263-4911

Books

Sandpoint Books, 321 N. Second Ave, 263-2417

Clothing

Bella Terra, 223 N 1st Ave, 263-1116

Eve's Leaves, 326 North First Ave, 263-0712

Electricians

Top Notch Electric, 855 Wood View Rd,
 290-2336

Fitness

Natural Fitness Gym, 1103 W Superior St,
 263-0676

Floral

Nieman's, 211 Cedar St, 263-3024

Grocery

Winter Ridge, 703 Lake Street, 265-8135

Real Estate

Carol Curtis Century 21, 316 N 2nd Ave Suite A,
 290-5947

Leah Sandlin Keller Williams Realty, 509 N 5th
 Ave Suite H, 610-4627

Suzie Hatfield Century 21, 290-7945

Restaurants

The 113 Main, 113 Main St, 946-5309

Arlo's, 124 S. 2nd Ave, 255-4186

Bab's Pizzeria, 1319 Highway 2, 265-7992

Barrel 33, 100 N 1st Ave, 920-6258

Connies, 323 Cedar St, 255-2227

Eichardt's, 212 Cedar Street, 263-4005

Jalapenos, 314 N 2nd Ave, 263-2995

Joe's, 102 Church Street, 263-1444

Marigold Bistro, 414 Church St, 263-9514

Second Avenue Pizza, 215 S Second Ave,
 263-9321

Sunshine on Cedar, 334 N. 1st Ave, Ste 208,
 597-7055

Tandoori Grill, 202 N 2nd Ave, 916-4075

Specialty Shops & Services

Ballard Orthodontics, 301 S Division Ave,
 263-4122

Cedar Street Bridge, 334 N 1st ave,
 946-9531

Home Sweet Home Consignment,
 205 Cedar St, 255-1818

Sandpoint Garage Doors,
 1309 Wright Way, 263-6040

The UPS Store, 217 Cedar St, 236-0261

Vapor Planet, 819 US-2, 263-9561

Title & Escrow

Alliance, 105 Pine St, 263-2125

SPIRIT LAKE**Healthcare**

Mountain Springs Assisted Living, 3254 Spirit
 Lake Cutoff Rd, 263-2273

Restaurants

Mi Pueblo, 6249 W Maine St, 623-2532

WASHINGTON (AREA CODE 509)**DEER PARK****Real Estate**

Katy Yoder, 517 S Fir Ave, 535-8400

Specialty Shops & Services

Blue House Vapors, 206 S Main St,
 270-0972

IONE**Motels & Hotels**

Riverview Motel, 120 Riverside Ave,
 442-2990

NEWPORT**Antiques**

Now and Then Antiques,
 321 S Washington Ave, 447-4300

Art Galleries

Vessel Gallery, 331 S Washington Ave, 703-4886

Automobile & Truck Services

Perfection Tire, 311 W Walnut Street, 447-3933

Roger's Body & Frame, 530 S Cass Ave,
 447-4225

Salesky Service Center, 333209 Hwy 2,
 447-4767

Construction & Carpentry

Purity Homes, 425-217-9020

Grocery

Owen's, 337 S Washington Ave, 447-3525

Quilting

Cuppa Tea Quilting, 5609 Hwy 2, 589-1350

Real Estate

Home Loan Joan, 301 S Washington Ave,
 671-1886

North Country Realty, 220 S Washington Ave,
 447-2421

Sunshine Real Estate, 118 S Washington Ave,
 671-7630

Restaurants

Mi Pueblo, 311 N Washington Ave,
 447-3622

Specialty Shops & Services

Amanda Crow LMT Massage Therapist,
 104 S Washington Ave Suite A, 462-0486

Anderson Family Cleaning, 671-6694

Griffin's Furniture, S 217 Washington Ave,
 447-4511

Leo's Excavating, 206 Laurelhurst Dr, 447-3037

Nails by Grace, 919-0567

Newport Buzz & Trim, 203 S Washington Ave,
 202-2587

Pend Oreille Cannabis Co., 601 State Rte 20,
 550-5218

Petroglyph Printing & Signs, 300 2nd St,
 447-2590

Sunshine Shipping,

118 S Washington Ave Suite B, 245-2005

Tan Linez Sunshine Tanning Salon LLC,
 118 S Washington Ave Suite B, 203-7626

Vibin' Hair, 104 S Washington Ave, 671-6564

Title & Escrow

Frontier Title & Escrow, 125 S Washington Ave,
 447-4454

Tree Service

Legacy Logging, 724 West 3rd St, 946-7575

By Loi Eberle, M.A., CPC

Continued from Page 7

energy can free us up to enjoy the beauty of the earth and our interconnection with its people.

Generally the growth and change that are part of human life, can lead to positive development and enjoyment. Although, excessive striving for wealth and achievement beyond basic needs, can lead to physical and emotional imbalance. In order to re-balance, it's helpful to feel empathy for people caught in the mindset of 'striving,' offering them acceptance for the way they are now, helping them to find contentment with what is. Letting go of one's need for external validation, and learning to accept oneself, can bring inner peace. As the Jamaican Olympic bobsled coach told his team during their training, "If you're not enough before the gold medal, you won't be enough with it."

We don't need to wreak havoc on our environment through competition and striving to display our accomplishments. We can connect to a peacefulness within, and BE HERE NOW. We don't have to be different to be okay. When we become more peaceful, we can help re-create that peace with others as well, helping to recognize our interdependence with each other and the earth. The earth doesn't need healing; its ecosystems regenerate and create their own self-healing through symbiosis. We just need to stop interfering with its natural systems and seek sustainable ways of living on the planet.

In his book, "The More Beautiful World Our Hearts Know is Possible," Charles Eisenstein poses the question: "Is it too much to ask to live in a world where our gifts go toward the benefit of all, and our daily activities contribute to the healing of the biosphere and the well-being of other people? We need a story of the people, a real one, that doesn't feel like a fantasy, a story in which a more beautiful world is once again possible." When recently interviewed on the Internet about how Artificial Intelligence (AI) opens up new parts of our brains, Eisenstein described the promise and peril of AI technology, and discussed the 'importance of re-programming our habits of judgment.' Eisenstein explained that our culture tells us what's important, thus encoding their value system. Eisenstein encourages us to reject what culture tells us and recognize that their understanding of our cosmology is narrow and distorted. He states, "It's more helpful to consider our 'inner guidance system,' so we can perceive where we should put our attention and our love." [Internet interview by Brian Piergrossi, in "The Big Glow" [The Circle Ep. 46]]. Entrepreneur Sunil Malhotra stated, "AI and other exponential technologies, including augmented and virtual reality, digital biology, biotech medicine, nanotech, digital fabrication robotics, and autonomous vehicles, among others, are hurtling on their own trajectory, leaving most people dazed and confused...Yet all of this ignores deeper and more fundamental issues: Has our quest for more led to less understanding of ourselves?... Are we being driven by fear of the unknown?"

The appearance of an increasing number of therapeutic techniques to connect with one's sacred Self may indicate the presence of this fear. The Buddhist teachings of "The Four Mindfulnesses" encourages us to: 'Forsake desire and hatred, meditate on endearment and compassion, and not let your mind stray, by placing it within compassion.'

Ervin Laszlo PhD, twice nominated for the Nobel Peace Prize, founder and president of the Intel Think Tank,

urges us to become aware of what Eastern philosophies describe as a deeper evolutionary drive towards a sacred level of existence. It's expressed in systems language as an attractor toward coherence within ourselves and with the world around us, which is introducing a new connection between Artificial Intelligence, Yoga and life. "Yoga is a misunderstood discipline, and Artificial Intelligence is a somewhat muddled fantasy...Unlike traditional software, AI is no longer dependent on programming by human engineers. It learns mostly by continuous observation creating artificial neural networks, branching them and pruning them for more coherent connections...It will reflect the global human mind with all its imagined and imaginative capabilities, and even the mind of Nature in all her diversity. It's goal is to make things more coherent, more understandable." "The unexpected "open" arrival of GPT Technology in November of 2022 destroyed the myth that humans have any degree of control on the speed and scale of technological proliferation," according to Simon Biggs, a professor of Interdisciplinary Arts at the University of Edinburgh. He states, "AI will function to augment human capabilities. The problem is not with AI, but with humans. As a species we are aggressive, competitive and lazy. We are also empathetic, community minded, and (sometimes) self-sacrificing. We have many other attributes. With AI, these will all be amplified...We cannot expect our AI systems to be ethical on our behalf. They won't be. If there is something [beneficial] in our collective unconscious which can diffuse into our individual consciousness, then the situation becomes more hopeful." [reported from "The Conscious Revolution, A Transatlantic Dialogue" in Laszlo and Lorimer's "The Great Upshift" (Light on Light Press, 2023)]

Award winning biologist Bruce Lipton, PhD in his August 2025 Newsletter wrote: "The solution to civilization's problems isn't complicated. It's seeking unity, a state that begins with finding inner balance. What we're seeking is to simply, feel again. Sometimes thinking our way through every problem, can be a distraction from the rhythms of Nature. When we allow ourselves to express feelings, we recognize we're not alone. When we come together, it becomes clear as day that we're part of something larger: Humanity."

In a recent newsletter from Charles Eisenstein he described disturbing national events and a suicide in his family, exclaiming, "Life wants to live! His relative was life. I wish I had known to give him that message when he was alive. It might have lightened the despair, for him to know that his mighty struggles were neither invisible nor futile. But maybe it is not too late for others to know what I wish I'd told him. Anyone who carries life forward through circumstances in which it would normally perish, is doing a great service to our world. It is unimaginably hard for so many people today, even those who may appear to have no special excuse to be in the hell of despair, addiction, illness, or depression. When I meet them, inwardly I salute them for having made it this far. These heroes are all around us. Maybe you are one of them! If so, thank you for carrying life forward in hard circumstances. May you admire yourself as much as I do." [Letters from Charles Eisenstein (charleseisenstein+letters-from-charles-eisenstein@substack.com>online)]

This seems to be the best response to the question "Why bother?" that I've encountered so far.

NEWPORT BUZZ AND TRIM

Christina Scott

Barber Shop
Walk-In's Welcome

203 S Washington Ave., Newport, WA 99156
509.202.2587

IDAHO IS TOO GREAT TO LITTER SO DON'T!



FREDRICKSON'S B.F. GARBAGE, L.L.C.
P.O. BOX 1913 BONNERS FERRY, ID 83805
PHONE & FAX: (208) 267-3303
SERVING ALL OF BOUNDARY COUNTY



ENJOY YOUR STAY AT OUR COZY 12 ROOM LOG-STYLE LODGE AND 20 FULL-HOOKUP SITE RV PARK. CONVENIENTLY LOCATED IN TOWN. WITHIN WALKING DISTANCE OF RESTAURANTS AND GROCERY STORES.

CALL TO BOOK NOW: (208) 267-7915
6506 Main St. Bonners Ferry, ID 83805

NORTHERN JOURNEYS

A Magazine for the Arts, Humanities and Sciences

We are issuing a call to all authors of prose, poetry and visual artists to send their writing and/or art any time of the year for consideration.

Northern Journeys celebrates 25 years of providing beginning, maturing and established writers and artists a venue to share their work with the region's readers. The magazine is made available primarily to communities throughout Northern Idaho, into Western Montana and Southern British Columbia. However, when the editor or publisher is traveling, the magazine makes appearances in Washington, California and Nevada.

Prose, poetry and art may be submitted to: norjour_tan@yahoo.com as an attachment. Art should be sent in jpeg format with a minimum of 300 dpi. Please contact Jason Thomas, at 208-597-3963 with questions.

Those interested in advertising may contact Jason Thomas, Publisher, at 208-597-3963. We hope to hear from you!



COMMERCIAL
WORKERS COMP
SMALL BUSINESS
HOME
AUTO
TOYS
LIFE
HEALTH

Servicing Idaho, Washington, Montana, Arizona and Oregon



INSURANCE AGENCY
AND ADVISORS
208-610-8190
IKNOWIMCOVERED@GMAIL.COM

THE OPEN 7 DAYS STORE

- Printing
- Packing
- Shipping
- Mailboxes
- And more



THE UPS STORE
be unstoppable

217 Cedar St. • Sandpoint, ID
208-236-0261 • store1829@theupsstore.com

NORTHERN JOURNEYS

A Magazine for the Arts, Humanities and Sciences

NORTHERN JOURNEYS

P.O. Box 1789
Bonners Ferry, ID 83805
208-597-3963

For advertising: Please call 208-597-3963
To submit prose, poetry or art, please send digitally to:
norjour_tan@yahoo.com

Publisher

Jason Thomas

Office Manager

Worm Shelton

Layout Design

Joy Batchelor

Editor

Worm Shelton

Sales

Jason Thomas

The observations and opinions expressed in signed columns and articles in Northern Journeys magazine are those of the respective authors and should not be interpreted as representing the official views of Northern Journeys or its staff.

ADVERTISING STANDARDS

Merchandise or services advertised in Northern Journeys are expected to be accurately described and readily available at the advertised prices and times. The staff and publisher of Northern Journeys never knowingly accept misleading or deceptive advertising.

Northern Journeys is published 2 times a year
Copyright Thomas & Associates

CREATE ARTS AND COMMUNITY CENTER

Mission Statement: "To create opportunities for expression, enjoyment, and appreciation of the arts and humanities through individual and community participation." This is what we do at the Create Arts and Community Center in Newport.

Our organization began in 1995. Create's initial endeavor to offer volunteer art projects in school classrooms quickly grew with the realization that the arts and humanities were key to community vitality. The participation in these art endeavors grew so quickly that it was impossible to continue these classes without a permanent space. Create purchased a building in 1998. Since then, we have become much more.

Youth classes are sponsored by the Kalispel Tribe of Indians. With the Tribe's support, Create focuses youth and students ages 2-17. Currently, some of these student classes include Tots Messy Art for the little ones, song writing, creative play date, fiction writing, and clay hand building.

Older youth enjoy a summer Explorer's Discovery Camp. We host a Brownie troupe, Ukulele players, Master Gardeners classes, and partner with community nonprofits. We also provide activity tables at Newport Creative District events, Farmers Market, and County Fair.

There is something for kids of all ages.



Create has developed a pollinator demonstration garden. This consists of several plots manned by volunteers to plant what they desire in our garden. Every Thursday in July and August, we have Coffee in the Garden where folks can stroll through the garden enjoy demonstrations which have included rhythm drumming, a ukulele concert, belly dancing, rock painting, wood carving, to name a few. All in all, it is a relaxing time for folks. Twice during this time, we have Artists in the Garden where artisans can sell their work.

The Create Place is also available for adult classes given by local artisans and groups. We currently have teachers for Kimekomi, Tai Chi, swing and ballroom dance, wire art, belly dancing, youth piano, baskets, and watercolor. Local spinners bring the wool and spinning wheels every Wednesday.

Diverse music concerts and plays, by a local group, are presented throughout the year.

As an all-volunteer facility, we collaborate with other organizations in our area and with the Kalispel Tribe of Indians. We host community programs for: Newport Creative District, Selkirk Alliance for Science, Responsible Growth * NE Washington, County Library District, Pend Oreille Conservation District to name a few.

Should the occasion arise, stop by for a visit Tuesdays through Thursday at 900 W. 4th St., Newport, WA 99156 or call (509) 447-9277. Visit our website: www.createarts.org and FB page.



In July and August we host 7 Thursday morning "Coffee in the Garden." This was one of the programs/demonstrations. "Rhythm Drummers"

BRAIN BUILDING LIFESTYLE PRACTICE “MEMORY BOOT CAMP”

By Harvey Eckhart



In today's fast paced modern world, with all its complexities, having a high functioning brain is a must. Your quality of life depends upon it. Learning to master the daily challenges later in life can be perplexing. A healthy brain has many assets; alertness, focus, learning, remembering, learning to adapt, and navigating time and space. The brain must be accurate of critical perceptions and suppress noise and distractions.

Dementia statistics worldwide are growing rapidly. The top 5 countries with the greatest increase per capita include Japan, Italy, Germany, Greece, and Finland. The U.S. ranks 8th, with between 8-10% of people over the age of 65 experiencing signs of Dementia and cognitive decline. Some of the early signs include; misplacing things, forgetfulness, confusion of time and place, changes in mood and behavior, and poor or decreased judgement. Risk factors include; obesity, poor blood supply to the brain, sedentary lifestyle, diabetes, unhealthy diets, socioeconomic status, and genetic predisposition.

One of the countries with the lowest incidence of dementia is Bolivia. The Tsimane and Mosen people of the Amazonian tribes average only 1% dementia amongst their family cluster tribes. They have the healthiest hearts. The men average 17,000 steps per day and eat zero processed foods. They spend lots of time in the forest engaged in food growing and hunting. They also avoid exposure to industrial pollutants in the air and soil. The five blue zone regions of Sardinia, Ikaria Island in Greece, Nicoya Peninsula of Costa Rica, and Loma Linda California all share longevity

enhancing lifestyles that deter age related dementia.

Daily habits that can hurt your brain are; sleep deprivation, isolation, chronic stress, lack of exercise, environmental toxins, recreational and some pharmaceutical drugs.

Dr. Michael Merz nich PHD, called the Father of Neuroplasticity, invented Brain HQ training games. He believes the brain is begging you to learn new things, is malleable, and has the capacity to improve at any age. Cognition is our ability to respond to the world, understand it, and even reshape it through our creativity and flexible intelligence. His website has 29 science based brain training games at brainhqpostscience.com. These games train you to enhance your ability to remember sounds, detect targets in both your central and peripheral vision, and tracking as well as remembering multiple objects. It documents a trainee's neurological improvements in alertness, strength, flexibility, endurance, and speed.

Here are some keys for unlocking your brain to support mental clarity, enhance creative thinking, boost brain connectivity, and engage both hemispheres: A good brain diet with brain foods such as; avocado, blueberries, broccoli, coconut oil, salmon, eggs, leafy greens, lion's mane mushroom, and garlic. There are also several herbs and spices that have positive effects on our primary neurotransmitters; Dopamine, Acetylcholine, Serotonin, and GABA.

These neuropeptides play a key role in sending messages in controlling our hormone regulation, how we handle stress, blood pressure, breathing, sleep, healing, our sense of hunger and thirst, muscle movements, thoughts, memory, and learning new things.

Exercises, both physical Aerobic and High Intensity Interval Training, stimulate BDNF (Brain Derived Neurotrophic Factor). These exercises are like 'Miracle Gro' fertilizer, for laying down new networks of nerve transmission in key brain regions. These regions are associated with executive function, decision making, and memory. Tai Chi is excellent for balance control and meditative movements engaging both sides of the brain. Team sports like pickleball and table tennis, along with skill based training (such as juggling, chess, or playing an instrument) are excellent brain building endeavors.

Walking in nature, also known as 'Forest Bathing', practiced in Japan by Shirin Yo Ku, has many immune enhancing qualities. It engages our 5 senses while our brain is dependent upon sensory input. Being in nature or around water, sometimes called 'Blue State of Mind', has been associated with a calming and relaxed state of well being. As well as lowering blood pressure and heart rate, and more positive mood states.

Music, either listening, playing, or dancing both engage in cross communication of both hemispheres of the brain. They require audio processing and motor coordination. This challenges the brain and builds more complex neurological functions. Meditation and Theta Wave activation techniques have been proven to enhance learning as well by strengthening the synaptic signals and calming the brain's rhythm.

Singing and harmonizing either in a duet or in choral groups helps to lower the stress hormone cortisol. It also stimulates the release of Oxytocin, the hormone linked to trust and social bonding. Singing is like learning a new language as it increases neuroplasticity, releases endorphins, and improves sleep. Singing lifts moods and clears blues, singers suffer less from depression, have fewer doctor visits, and take fewer medications. Singers also have increased social interaction which widens their culture and enriches their imagination, making for happiness and a renewed zest for life.

When you supply the brain with interesting experiences, and adopt a positive attitude, you reclaim your thirst for joy in life. Learning the benefits of mind mapping, linking similar subjects, can be an excellent visual thinking tool. It mirrors the brain's radiant non-linear way of processing information.

You can practice this by having a toxin checklist. Take a close look at the sources of exposure in the home, environment, food, water, cookware, beauty, and personal care. Cooking with proper oils, like olive, avocado, and coconut, are much preferred. Try to avoid saturated fat and seed oils like canola, corn, and sunflower.

Emotional/mental behavior can also be a drain on the brain. Psychological stress, negative behaviors, overthinking, unhealthy relationships, and worry all need to be avoided to ensure a healthy brain environment.

Consider becoming a life-long learner, which will lower the risk of cognitive decline. Change habits and switch routines. It will surprise your brain and turn off autopilot.

Stay hydrated with water, tea, and electrolytes like coconut water. Although caffeine may protect memory and improve focus up to six hours, different individuals metabolize caffeine differently. Some need to adjust intake properly to avoid jitteriness.

Letting proper full spectrum light in your home and gazing at morning sunlight, helps get natural doses of Vitamin D, especially in the winter time. This sets your biological circadian rhythm.

Have a purpose in life. Get involved in a way that you believe can make a difference. Volunteer by being useful to others. This instills a sense of being needed and builds confidence as well as self esteem.

Get a quality good night's sleep, so that your brain's lymphatic system can remove neurons that are no longer of use, removing cellular debris.

Lifestyle in today's society can either cause health problems, draining our body's computer, or we can choose to become proactive and keep our brains happy and healthy.

MONARCH MARBLE & GRANITE



GRANITE • QUARTZ • MARBLE • SOAPSTONE
Superior Craftsmanship, Stunning Results!
 (208) 263-5777 • www.SandpointGranite.com

KAUAI
 THERAPY & WELLNESS

**MOVE BETTER.
 LIVE BETTER.**

Trusted **Physical, Occupational & Massage Therapy** in Sandpoint

- All major insurances accepted
- No physician referral required
- **NEW:** Wellness Program Available

BOOK YOUR APPOINTMENT

📞 (208) 205-9559
 🌐 www.kit-therapy.com
 📍 30544 Hwy 200, Ste 326, Ponderay, ID




Dr. Harvey Eckhart M.S, D.C received his masters in Clinical Nutrition and Human Biology, from the University of Bridgeport Connecticut. He has been a Holistic Chiropractor, treating patients for close to four decades. Being a senior himself, he is passionate about sharing the major breakthroughs in the connection of lifestyle medicine/nutrition and brain health. He believes life long learning is the secret sauce that keeps your brain in good shape despite your age. His website is longlifewellness.net and he can be reached by email at drharveyeckhart@gmail.com. Currently he resides on the big island of Hawaii and spends his summer with his family and grandchild, here in Sandpoint Idaho.

RESTAURANTS

Mi Pueblo
Authentic Mexican Food






208 448-0115 208 267-4735
Priest River, ID 83856 Bonners Ferry, Idaho

208 623-2532 509 447-3622
Spirit Lake, Idaho Newport, WA

Like us on Facebook Mi Pueblo Authentic Mexican Food
Some menu items have peanut products in them. Please let your server know if you have an allergy.

Mi Pueblo-Authentic Mexican food. When you have a craving for truly authentic Mexican food, your choice is Mi Pueblo in Priest River, 5436 Hwy 2, and 7168 Main St. in Downtown Bonners Ferry, Idaho, 6249 W. Maine, Spirit Lake, Idaho, and 311 North Washington, Newport, Washington. You'll find friendly service, fresh ingredients, great menu choices, many vegetarian and gluten free selections available and a surprise after every meal! Fast lunch service! To go orders, too!



Mugsy's Tavern & Grill is known as the local watering hole, a one of a kind gem up in North Idaho! Family owned and operated, Mugsy's proudly hosts a slew of taps local to the northwest alongside a few of your favs from around the country! Continuing the legacy of our infamous burgers, adding a few new special items to the appetizers to entrees. We know you'll be telling your friends about this treat! The chefs love to get creative and come up with different rotating lunch and dinner time specials, as well as great, fun cocktails to pair with special events happening in town! Come see why Mugsy's is known as the as "The Cheers of North Idaho!"

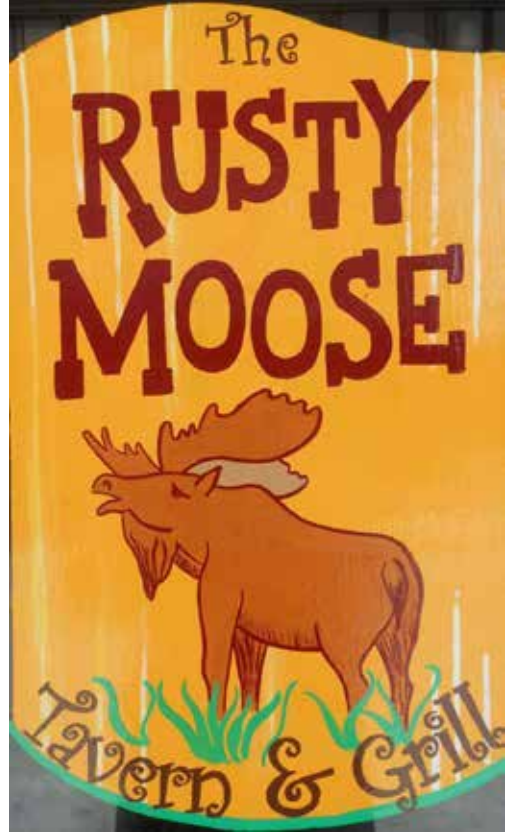
THE BADGERS DEN
Dine In • Drive thru • Open Daily




@thebadgersdencafe



Rusty Moose Tavern and Grill is family owned and operated and has been serving Bonners Ferry since 2004. Offering a wide variety of lunch and dinner items, beer, wine, espresso, ice cream and chef made desserts including wild huckleberry cheesecake. Selections including The Bull Burger (our signature burger), steaks, pastas, salads, sandwiches and seafood. Our very popular prime rib is locally raised from Woods Meats and served every Friday night. You can also order a delicious pizza from our sister company award winning Goat Mountain Pizzeria. So come enjoy a great meal and beverage with us Tuesday - Saturday at 7211 Main Street Downtown beautiful Bonners Ferry 208-267-1950.



A local favorite, **The Badgers Den**, is the #1 breakfast place! Open daily, serving all day breakfast such as biscuits and gravy, homemade hashbrowns, pancakes, chicken fried steak, and all your breakfast favorites! We also are the only breakfast place to have in house espresso options, as well as a convenient drive thru for lattes, and even grabbing your breakfast to go! Whether you dine in, or take out, we are sure you will love to frequent The Badgers Den!

Hidden Haven
Sweets & Treats



Ice Cream ~ Candy ~ Gifts
6371 Kootenai St., Suite 10
Bonners Ferry

Hidden Haven Sweets & Treats is the newest sweet spot in Bonner's Ferry. This brand new ice cream store and specialty candy shop is just the place everyone needs to visit when the urge for sweets strikes home. We will be opening for limited days and hours in order to bring you some favorites just in time for Halloween. Check us out on Facebook and stop by 6371 Kootenai St. in Bonners Ferry! We can't wait to meet you!

BREAKFAST - LUNCH - DINNER

FAMILY OWNED AND OPERATED

FLAVORS OF PHOENICIA RESTAURANT
LEBANESE CUISINE



Open 10am-2pm & 5pm-9pm Thurs-Tues, Closed Wednesday
477100 Hwy 95, Ponderay (Next to Starbucks)

Family owned and operated by Craig Gines (Native Idahoan and disabled Army Veteran) and his wife Hadia Nahra (Lebanese native and American naturalized citizen) want to thank everyone for the warm welcome into the community.



Jalapenos Mexican Restaurant located in Downtown Sandpoint has been serving hungry locals and tourists alike for over 34 years in a fun and lively atmosphere. We are family friendly and offer a full bar, banquet room and outdoor deck dining in the warmer months. An extensive tequila and mezcal list, margarita capitol of North Idaho, a large menu of Mexican favorites and amazing service make Jalapenos a can't miss when visiting Sandpoint!! Find us at 314 N Second Ave. Sandpoint, ID 83864. 208-263-2995. www.sandpointjalapenos.com. Find us on Doordash.



Babs' Pizzeria, located at 1319 Hwy 2 in Westpointe Plaza, is a "mom and pop" Pizzeria specializing in the best thin crust pizza this side of the Mississippi - a true slice of New York in beautiful Sandpoint, ID, with dough hand-made daily. Sample Stromboli or pasta dishes, and end the meal off with a classic hand-filled cannoli. Open Monday through Sunday, so you can enjoy a little bit of New York every day! Online ordering and delivery available.

Babs' PIZZERIA
A SLICE OF NEW YORK
THIN CRUST. BIG FLAVOR.

208-265-7992
MENTION YOU SAW THIS & GET FREE BASKET OF GARLIC KNOTS WITH PURCHASE OF X-LARGE 2-TOPPING PIZZA
1319 HWY 2, SANDPOINT, ID
208.265.7992

MON-THURS: 11AM-8PM.
FRI-SAT: 11AM-9PM
SUNDAY: 3PM-8PM
WWW.BABSPIZZERIA.COM
OPEN FOR DINE-IN OR TAKEOUT!

FRESH FOOD • LIVE MUSIC
THE BEST NW BREWS

The Pub with Personality

OPEN 11:30 am
GAME ROOM UPSTAIRS

212 Cedar Street
Downtown Sandpoint
208.263.4005

A SandPint Tradition Since 1994

Eichardt's Pub is more than a Public House, a restaurant, and a music venue, it's a hub where community connects, and ideas are shared. It's 'The Pub with Personality'. An outstanding selection of micro brewed and imported beers, regional draft ciders, and an extensive wine by-the-glass list. The menu is vast, the ingredients are high quality and locally sourced. American Brew-Pub style cuisine, with vegetarian-friendly options available. The servers are mature, authentic and sometimes surly. Offering a variety of excellent and diverse, weekly live music, featuring the Monday Night Blues Jam. Great Vibe! Great Food! Great Music! Please follow us on Instagram @eichardtspublichouse to keep up on music, art and any other important stuff.



Barrel 33, a lively waterfront restaurant and wine bar, showcases local wines and craft beers in a welcoming atmosphere. Our extensive menu features shareable bites, toasted sandwiches, salads, and flatbreads, perfect for any occasion. Enjoy monthly paint & sip events, wine & beer Tasting events and seasonal celebrations, plus live music every weekend. With a vibrant communal setting, guests order at the bar, where our knowledgeable staff guide you to your perfect drink and bite to eat. In the summer, relax on our scenic patio with a tiki bar. Barrel 33 is your go-to spot for fun and flavor! Follow us on Instagram and Facebook @barrel33sandpoint to stay up to date with events, music and other fun happenings.

Local Wine. Craft Beer. Good Eats!

Barrel 33
SANDPOINT, ID

Waterfront Seating, Events, Live Music & more!
Open Daily at 11am
100 N 1st Ave, Sandpoint ID | @barrel33sandpoint | (208) 920-6258

Mention you saw us HERE & get a pizza perk!

Second Avenue PIZZA

We Deliver!
5:30pm - 10:00pm
Delivery Charge for Outside Areas

Business Hours
Tues - Thurs 11am - 9pm
Friday 11am - 9:30pm
Saturday 1:30pm - 9:30pm
Sunday 1:30pm - 9pm
Closed Mondays

215 South Second Avenue
Sandpoint, Idaho
208-263-9321



In addition to all your old favorites, Arlo's is now serving authentic pizza out of our beautiful new brick oven from Italy! Our Neapolitan style dough is crafted with 00 Flour imported from Italy, fermented a minimum of 48 hours with fresh yeast, and hand stretched to order. This process in addition to the high temperature brick oven results in a crispy, delicate crust with just the right amount of char. Open every day except Thursday - 11:30am-2:00pm, and 5:00pm-9:00pm. (208)-255-4186 www.arlos-restaurant.com. 124 S. 2nd Ave. Sandpoint, ID - 83864

Thai Garden
At The Ranch

Jane Cooper, Owner
svongpanao@gmail.com
 208-290-3307 | Cell 509-808-7397

Owned and operated by Jane Cooper, Thai Garden at the Ranch is a family oriented restaurant, giving everyone nearby access to amazing, authentic Thai food. The owner is a grateful member of the community who finds joy in creating a special place to share her love of quality Thai food, while curating an environment the whole family can enjoy. Inspired by her father's experiences cooking Thai food, Jane encourages all those who are seeking a great meal with friends and family to come by and enjoy the lovely spot she created.



Connie's Café & Lounge Est 1955 For seven decades, Connie's has been the "go-to" spot in Sandpoint for locals and visitors alike. Our motto says it all: Good People. Good Drinks. Good Food. Whether you're sliding into your favorite counter stool in the retro diner café or relaxing in the laid-back lounge, you'll find the same warm hospitality and hearty meals that keep folks coming back. Connie's Lounge hosts live music, trivia, cribbage and jam nights every week. Check out our calendar at www.conniescafe.com



COEUR D'ALENE - ID
 (208)964-3401

SANDPOINT - ID
 (208)916-4075

ATHOL - ID
 208-964-5380



JOE'S
 Authentic Philly Cheesesteaks
 and more
 208-263-1444

Craving an authentic cheesesteak? No need for a plane ticket; head to Joes Philly at 102 Church Street in Sandpoint, where your cravings meet their match! Sink your teeth into a foot of mouthwatering, cheesy, beefy goodness that'll leave the Liberty Bell ringing in your ears. Don't let the name fool you, this is no one trick pony; indulge in their burgers, dogs, hoagies, and more, all crafted with fresh ingredients. Come for the Philly, leave with a smile!



SUNSHINE ON CEDAR

Beer & wine bar located on the Cedar Street Bridge with Hawaiian-flair snack boards. The short but sweet menu is FULL of island flavors. Pop-up dinner specials announced on social media.

Wed-Thurs 11am-6pm, Fri-Sat 11am-8pm,
Sun 11am-5pm
(208) 597-7055
334 N. 1st Ave, Ste 208, Sandpoint

@sunshine_on_cedar Sunshine on Cedar



CHICKS TERIYAKI

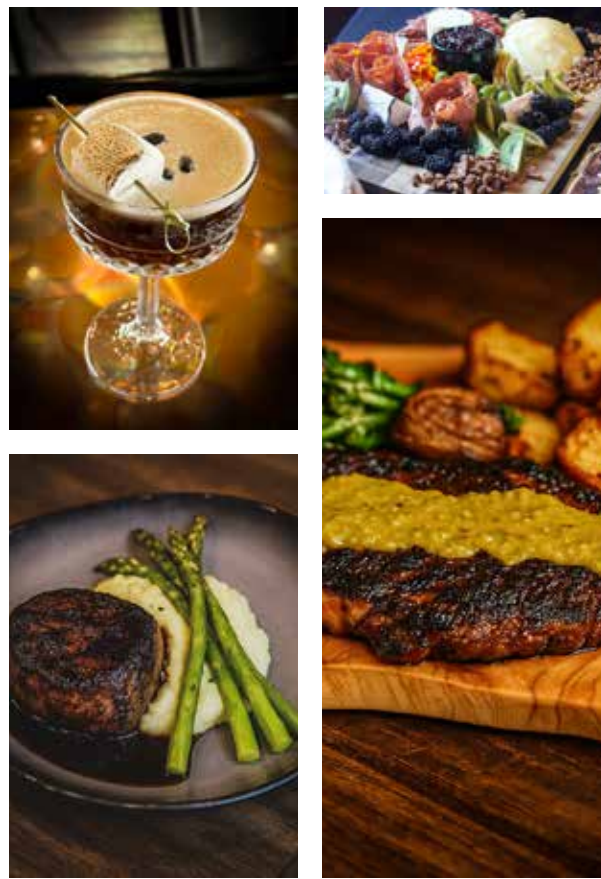
The best teriyaki in the PNW! Come try our selection of teriyaki bowls and sandwiches today. Conveniently located off of Hwy 95 and Kootenai Cutoff in Ponderay. Dine in with friends or drive thru for delicious teriyaki to go.

Open Mon-Sat 11am-7pm. (208) 597-7091
476864 US 95, Ponderay

@chicksteriyaki Chicks Teriyaki



Marigold Bistro is a vibrant community-focused bistro with an emphasis on fresh ingredients and friendly service. Nestled in the heart of Sandpoint, Marigold Bistro specializes as a cafe and is open for regular service from Monday to Friday from 7am to 3pm with ample space for intimate gatherings, business meetings, and grand occasions. Offering after-hours private events on-site as well as off-site catering services, Marigold Bistro is dedicated to creating memorable and delectable experiences for all its guests.



Great drinks.

Great food.

Great mood.



OPEN DAILY
LUNCH 11AM-3PM
DINNER 4PM-9PM

208.946.5309
113 MAIN ST., SANDPOINT, ID
113MAINSANDPOINT.COM



Delicious scratch cooked food & premium cocktails in the heart of historic downtown Sandpoint!





THE ART SPIRIT
GALLERY OF FINE ART

2025 BEST OF 2024
2024 TOP 23
2023 TOP 22
2022 TOP 21
2021 TOP 20
2020 TOP 19
2019 TOP 18
2018 TOP 17

Voted "Best Gallery" 9 Years in a Row
-THE BUSINESS JOURNAL OF NORTH IDAHO



415 Sherman Avenue
Coeur d'Alene, Idaho, 83814
www.TheArtSpiritGallery.com
Info@TheArtSpiritGallery.com
(208) 765.6006

